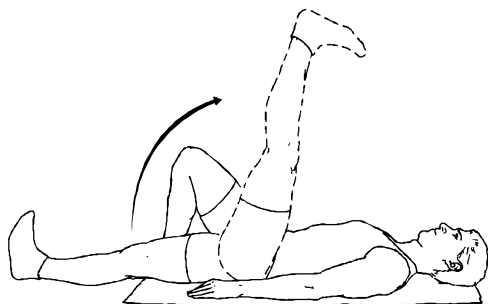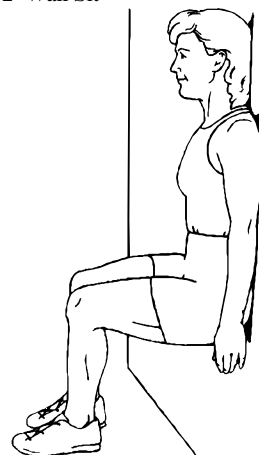Single Leg Raise

Lie on back, one leg bent, other leg straight on mat. Inhale, raising straight leg toward ceiling. Keep hips on mat. Exhale, lowering leg to mat.
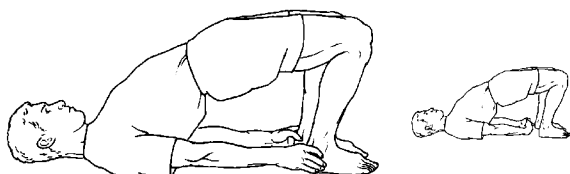
Repeat 12 times. Repeat with other leg.

LEGS: GLUTES / THIGHS - 2 Wall Sit

Back against wall, slide down so knees are at 90º angle. Hold __10__ seconds.

Do __1__ sets.
Complete __12__ repetitions.

Bridge

Lying on back, legs bent 90°, feet flat on floor. Press up hips and torso, reaching hands towards feet. Roll the shoulders under to lift higher.
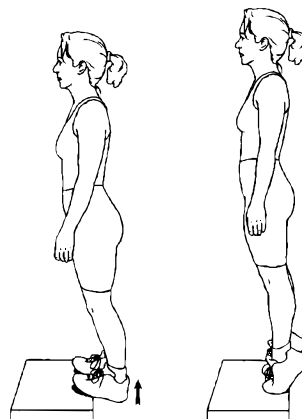
Do 1 set of 12 repititions, holding a the top for a few seconds.
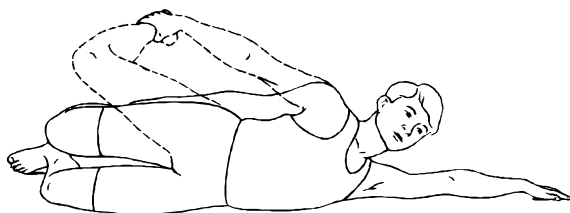
LEGS: CALVES - 1 Heel Raise: Standing

Toes on board, heels on floor, knees slightly bent, rise up on toes as high as possible.

You can also do this agains a wall with hands lightly on the wall, raise up onto your toes as high as you can, lower slowly.

Do __1__ sets.
Complete __12__ repetitions.

Quadriceps

Holding one foot with same-side hand, raise leg until stretch is felt. Hold _30-60_ seconds. Repeat with other side.

Modified hurdler's stretch

While seated, extend one leg stright and place the bottom of your other foot agains the inner thigh or calf. Keeping your shoulders and hips square lower over the leg. Don't collapse your chest or round out your back. Gently press on the bent leg to stretch the inner thigh.

Hold for 30-60 seconds. Repeat with other leg.

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